

# **Abstract**

**Title:** The mental resilience of a tennis player during a match

**Objectives:** The objective of this bachelor's thesis is to describe individual components of mental resilience of a selected tennis player.

**Methods:** In this bachelor's thesis a qualitative type of research was used, specifically a case study of one particular professional tennis player. The method is an interview with instructions, a partaking observation and a document analysis.

**Results:** The components of mental resilience were described in this bachelor's thesis. This type of interview in a reduced form could be further used by other tennis coaches who want to analyse mental resilience of their charges.

**Key words:** tennis, stress, motivation, self-belief